

Parenting for Prevention

Barrington Cottage Meetings

Cottage meetings are informal gatherings of neighborhood parents:

- ❖ To build stronger community networks among parents/caregivers
- ❖ To empower parents in the community
- ❖ To practice developing, discussing, and enforcing family policies on substance abuse
- ❖ To educate about the risks of underage drinking and other drug use

In today's busy world, it is a real challenge to keep up with the changing world of drugs, alcohol and teen behavior. Cottage meetings provide a chance to slow down, gather with friends and neighbors, and learn about prevention.

Parental monitoring and supervision are critical for prevention. These skills can be enhanced with training on rule setting; monitoring activities; praise for appropriate behavior; and moderate, consistent discipline that enforces defined family rules.

Drug education and information for parents reinforces what children are learning about the harmful effects of drugs and opens opportunities for family discussions about the abuse of legal and illegal substances.

The Cottage Meeting is ideally hosted in a community home to create an informal atmosphere where guests are part of the conversation. The aim is to strengthen, not scare parents. Parents have the opportunity to share concerns about parenting and learn ways that they can have a positive influence on their teens.



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